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PSYCHOSOCIAL DETERMINANTS OF QUALITY OF LIFE 6 MONTHS AFTER TRANSPLANTATION

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Objectives: The study sought to investigate the psychosocial determinants of quality of life 6 months after transplantation.

Methods: A liver transplant candidates sample (n=60), comprising consecutive patients attending out-patient clinics of a liver transplantation central unit (25% of the patients had Familial Amyloid Polineuropathy (FAP) and the remaining patents had chronic liver diseases), was assessed in the pre-transplantation period by means of Neo FFI personality inventory, HADS, Brief COPE, and SF-36, a quality of life self rating questionnaire. Six months after transplantation these patients were assessed by means of SF-36.

Results: Psychosocial predictors where found by means of multiple regression. The physical component of quality of life 6 months after transplantation was determined by coping strategies and physical quality of life in the pre transplantation period (this model explained 32% of variance) and that mental component 6 months after transplantation was determined by depression in the pre transplantation period and by clinical diagnosis of patients (FAP patients with lower mental component of quality of life) (explained 25% of the variance).

Conclusions: Our findings suggest that coping strategies and depression measured in the pre-transplantation period are important determinants of quality of life 6 months after liver transplantation. Further studies are needed to identify the extent to which early and continued psychotherapeutic interventions can improve not only mental but also physical related quality of life in patients at risk, for example patients with increased scores for depression and for non adaptive coping strategies in the pre transplantation period.